



Travel with Reassurance Checklist

Before You Travel

- Check whether you need to arrange travel insurance and, if you do, carry it with you
- Complete your European Health Insurance Card form
- Inform the travel company that you have diabetes and find out whether they can provide suitable meals during the journey
- For certain countries your passport must be valid for 6 months after the date you travel
- Find out what the concentration of insulin is in the country you are visiting (U40 or U100)

Make an Appointment with your Healthcare Professional

- Check that you are fit to travel
- Ask for an extra prescription to carry with you
- Discuss your travel plans and Injection regimens with your healthcare professional and the effects of time zones and changes to your life style (Remember the FreeStyle meters have four programmable alarms)
- Ask for a letter from your nurse explaining to officials that you have diabetes and must carry medical equipment with you when travelling further afield
- Have the appropriate vaccinations (If applicable)

Preparing and Packing

- An emergency kit (This could be carried by a travelling companion in their hand luggage)
- A spare blood glucose meter with lancets, lancing devise, extra test strips and batteries
- Name, address and phone numbers of healthcare providers, hospital or clinic in the area you will be visiting
- Well fitting sandals for the beach
- A first aid kit to treat minor foot injuries
- Sun tan lotion, sun block, sun hat, sunglasses
- Invest in a good travel guide to help you plan your trip
- Prescription to accompany your medication (Customs may ask to see them)
- If possible, ask a travelling companion to carry half your medical supplies in case a bag gets lost

Dress to Travel

- Wear comfortable clothes and shoes for the journey
- Wear your identification bracelet - Two main forms of medical ID

The Journey

- Blood glucose meter with lancets, lancing devise and test strips
- A Cool bag for your insulin during the journey
- Tablets/Insulin (Carry sufficient supplies to cover any delays)
- Insulin pens/syringes
- Blood glucose monitoring diary
- Extra snacks for your journey (Always important, but especially so if you think you might get caught up in a Bank Holiday traffic jam)
- Dextrosol tablets
- Medication for common illnesses such as travel sickness and diarrhoea